



Q: I have been on an exercise program for three months and haven't lost a pound. What am I doing wrong?

A: Congratulations on starting, and more importantly, continuing to exercise regularly. Physical activity is more than a weight loss strategy, it improves virtually every aspect of your health. To determine why your efforts haven't brought weight loss yet, first check the details of your exercise pattern: How often do you exercise? How long at a time? How intensely? For optimal health and weight control, experts, like the American Institute for Cancer Research, advise accumulating a total of 60 minutes of moderate activity, like a brisk walk, each day. But if your exercise is this long and this often, you may still be eating more calories than you burn up. Look at your portions, snacks, and beverages for possible places to cut calories. Also try to include plenty of vegetables in your meals. They are good for your health and fill you up with fewer calories. Lastly, don't reward yourself with food treats for exercising. A 300-calorie reward could completely undo the weight loss effect of an hour of exercise.

For more information on fitness contact your local **Health and Wellness Center (HAWC)** or **Dietitian** or visit the **SYFYW community website** at <http://airforcemedicine.afms.mil/shapeyourfuture>.

Shape Your Future... Your Weigh!™